

**THE EMBODIMENTS OF THE INVENTION IN WHICH AN EXCLUSIVE  
PROPERTY OR PRIVILEGE IS CLAIMED ARE DEFINED AS FOLLOWS:**

1. An exercise equipment system, said system  
5 comprising an elastic strap having a pair of rigid  
collars fitted to said strap at spaced apart locations  
along said strap, and a plurality of grip components  
which removably mount to said strap at said collars.
- 10 2. An exercise equipment system as claimed in Claim 1  
wherein said collars are adjustable lengthwise along said  
strap.
3. An exercise equipment system as claimed in Claim 1  
15 wherein said strap has a rectangular cross-section.
4. An exercise equipment system as claimed in Claim 4  
wherein said collars are cylindrical and said strap wraps  
around said collars, said system including clips on said  
20 strap for removably securing said strap tightly wound  
around said collars.
5. An exercise equipment system as claimed in Claim 1  
wherein one of said components comprises an individual  
25 hand grip fitted to each of said collars.
6. An exercise equipment system as claimed in Claim 1  
wherein one of said components comprises a bar which fits  
in both of said collars and holds said collars spaced  
30 from one another.
7. An exercise equipment system as claimed in Claim 6  
wherein said bar is formed from a plurality of bar  
segments, at least one of said segments comprising a main  
35 body portion with reduced diameter end portions, other of  
said segments comprising end fittings which fit on the

end portions.

8. An exercise equipment system as claimed in Claim 6  
wherein said bar comprises a plurality of bar segments  
5 which snap lock connect to one another.

9. An exercise equipment system as claimed in Claim 1  
wherein one of said grip components comprises a door grip  
formed by a thin pliant strap having a hook receiving  
10 loop at one end of the pliant strip for hooking to the  
elastic strap and having a doorstop member at the other  
end of the pliant strip.